

February is Heart Health Awareness Month

- **Heart disease is the number one killer of all women – and more than 80 million people in the United States have some type of cardiovascular disease.**
- My name is Janet Olszewski and I am Director of the Michigan Department of Community Health.
- **February is Heart Health Awareness Month. Join me in raising awareness of heart disease.**
- Make healthy changes in your life to help lower your risk of heart disease.
- **To learn more, visit the Michigan Surgeon General's Web site at www.michiganstepsup.org.**
- A healthy diet and exercise makes a strong heart that can save your life.